**Interview 2, - Male, 23, Newham - Part 2**

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|  | Thanks, um so can we start by walking about what you’ve put first?  Yeah, so the first one in the first box, the one that’s um the place I feel most socially connected is the gym, um I don’t know why I would say the gym, it’s just, I have um socially connected, there’s a lot more, there’s a lot of different people in the gym, there’s a lot of ehm different characters in the gym, different origins, different, different backgrounds, that’s the one place where regardless of your ability, looks, anything it is that kinda that’s got to do with yourself as an individual, you always seem to click with other people, there’s always some type of togetherness, there’s always some type of connection where I may not be as able as the other individual, there’s always willing to help, it’s not every gym, but, every gym you walk into there is some kinda of a small amount of connectedness, and I feel like that’s one place where regardless of what mood I am in, what’s kind of happened during my day, if I go in there, I feel like theirs is an individual that I can connect with, that I can somewhat end up working together, or just doing something where I can forget whatever it is that’s happened during the day, I feel like that’s definitely one place where I feel the most socially connected.  Mmh, um I’m sorry is there anything else you wanted to say?  Yeah, no, no, no, that was it, really.  What I was going to say, so you’re saying that you like that sense of togetherness, you know that sense of um, you know talking to someone, and, and, and, being there irrespective of other factors and therefore, have a sort of sense of purpose…  Yeah  How does that make you feel?  I feel like it, it, it leads to you feeling part of something, like, although, I think it’s so weird, it’s, it, ‘cause, it’s so weird, although you’re not necessarily part of a group, but once you’re there working out together, you become a collective, you’ve come in individually, but at the end of it like you’ve built some type of connection with somebody where it’s a collective where I’m connected to somebody else to work towards, we’re working towards two different goals, but within that moment we’re helping each other achieve something and I feel like that, that feeling itself is very, very fundamental and very, very important, as it helps you, kind of, I can only talk personally but within that moment anything else that’s happened to you during the day, it’s forgotten, it’s only the thought, the sole, the sole purpose is to kind of work out and achieve something, to achieve a certain goal or um complete a certain exercise and I feel like that feeling there is very enriching because it allows you to, to grow, it always to feel, like when you’re in a, in a environm-, environment where you’re kind of connected with other people, it allows you to work harder, do better, because you feel a lot more free, there’s less pressure, there’s more just focus on doing what it is that is at task, so I feel like that is one place where I definitely feel socially connected, definitely.  You said something about achieving, tell me more about that.  Yeah like, I feel like in a gym you kinda go in there with a goal, that you don’t know, you may want a six-packs, you may want a bigger chest, bigger arms, bigger breasts, whatever, and I feel like… with, with the gym it kinda allows you to kind of grow patience as well, because it’s not an overnight thing, so you know that there’s a goal to achieve, it will take time, but you will still get there, and it allows you to kinda break down, like the whole system of the gym can allow you to break down you’re day to day life, you know that if you’ve got three targets a year, or um how can I, how can I word it, so let’s say you have targets and you know that ‘alright if I do a hundred of these a day for the next two months, I will achieve this’, so you know that, you can kind of relate that to your personal life and you know that if I don’t know work on your CV every day for a year straight, you know that it’s guaranteed you’ll get a job, so I feel like that process there kind of allows you to, to be disciplined and become better at doing what it is you do and it becomes easier for you to achieve what you need to achieve as well, so it’s very fundamental, the gym process and the gym on a whole allows you to kind of work harder on achieving and become better, and it allow you to work wiser, not harder when achieving certain things as well, which is really, really good. So, I feel like that’s definitely one place where I definitely feel somewhat socially connected.  Sure, is there anything else you wanted to say?  No, no, no, I think that’s it. I think in the second box I’ve got park. So why I’ve put park is a, so I’m an individual where… when things become a little too hectic I take walks. So like the one thi-, one thing I really like doing is walking in the park, so it’s alone, there’s no one around you, it’s just you and kind of just nature and it allows you to be free, like free from any like, I don’t know if it sounds a bit weird but from any human at all, so it’s literally just you and your thoughts and it allows you to kind of work on what it is that’s wrong, how you, it gives you a free mind and free, free like fr-, free space and it allows you to just think and generate certain ways of how you’re gonna sort things out, how you’re gonna work towards better things and how you’re gonna strategize to kinda move forward, I feel like that’s the one place where I can go without a phone, even with a phone, and still feel like disconnected from everybody else, just in my thoughts and I can focus on what it is I gotta do. I feel like that is the most, the one place where I feel the most, keyword would be lonely because I’m around things but physically I’m there, but mentally I’m more focused on different things, so I’m like lonely, I’m alone, I’m, I’m reserved, I’m just, it’s just me and the walk, the more time I’d be walking for so long I won’t even know until I see a reference, and so I’m like ‘oh okay, right, I walked this far’, so, no, that’s definitely the one place where I feel the most lonely and the most kind of at peace, and the one place where I can just focus on whatever it is I’ve got to focus on, so that’s definitely…  So, you’re saying that being in an environment where you, you’re not in contact with people, um it’s just you, um can give you a sense of peace…  A hundred percent  Can give you a sense of um… sort of yeah…  So that’s a sense of like just, just of freedom  And, and , and um what does that sorts of um associate, or how does that relate to you and loneliness, um you know what I mean?  I feel like within that moment you’re, I’m alone, I’m not with, like, like I said loneliness is, like I said in the first kind of set of questions, loneliness is being around, surrounded by people, but being alone, so when I’m in the park there’s other people there, there’s people doing what they’ve gotta do, there’s, there’s bats, there’s animals, there’s trees, but within that moment mentally I’m, I’m lonely, I’m just, it’s just me and the walk, me and what I’m thinking about, or me and what I’m trying to work towards; so I feel like that definitely is one place where you become free of anything that is, let’s say, holding you back or stopping you from achieving things or whatever really, but that’s definitely one place where you feel the most lonely, not in an, it, it’s not as lonely in a vulnerable way, but it’s more lonely in a way where it’s you and your thoughts, so you, you’re alone, you’re, there’s no one kind of in a way of you developing things or thinking, there’s no distractions, there’s no, you’re not depending on anybody else to think for you, it’s literally you and your thoughts and nothing else, so I don’t know I think that’s the best way I would explain it, loneliness, but yeah that’s definitely one place where I feel the most, the most lonely.  Okay, thank you.  Yeah  Is there anything else you wanted to add?  No, I think that’s it, no I think that’s all.  Thank you |